

TAPNELL FARM
ISLE OF WIGHT

AND

BALANCE | GLO
EVENTS AND RETREATS

Weekend Wellness Retreat

Yarmouth, Isle of Wight

Friday 3rd - Sunday 5th February 2023

L I M I T E D A V A I L A B I L I T Y



Escape the demands of a busy life and join us in the beautiful countryside setting of Tapnell Farm on the Isle of Wight, for a weekend of wellness, fitness and relaxation hosted by wellbeing experts, Balance + Glo.

This mid-Winter retreat aims to give you a unique slice of island life, while nourishing your body through movement and food, and connecting with the power of nature.

You will be treated to daily energising and relaxing yoga sessions, strength building fitness, guided walks or runs, and a fun archery session - with free time to explore the local area or simply unwind and enjoy some time out for yourself.

Stay in comfortable, stylish farm cottages and enjoy delicious, home cooked balanced, and nutritious meals using fresh produce, prepared by our talented chefs.

Whether you come with a friend or on your own, you will have fun, connect with new people and have time to recharge your batteries.

“Our retreats are inspired and shaped by the Island’s natural landscapes. Collaborating with Tapnell Farm is the perfect combination to make the most of getting back to nature, revitalising the soul and treating yourself to a little bit of Island magic.”

Co-Founder for Balance + Glo, Jenny Stewart

Just 10 places available

What's included

2 nights luxury accommodation with beautiful countryside views and ensuite bedroom

Towels, linen and extra treats

Yoga every day

A combination of Fitness + Yoga + Strength to tone and energise the whole body

Fun archery session with a qualified instructor

Nature walks in the beautiful countryside – bring your walking boots and wellies!

Daily plant based meals prepared by talented chefs

Light breakfasts, herbal teas and healthy snacks

Lots of extra goodies to take away

Return vehicle ferry travel

All activities are totally optional!

Pricing

Early bird prices are available until 15 December 2022

Prices are per person sharing (twin/double room)

Early bird **£495** / normal price **£595**

Limited single occupancy available:
Early bird **£595** / normal price **£695**

Deposit: 25% non-refundable deposit is required on booking, with balance paid by 15 January 2023

T&Cs:

We advise taking out insurance to cover your booking, should you be unable to travel as a result of Covid or any other reason, as we cannot refund.

The Perfect Christmas Gift – vouchers available

Itinerary

Friday

Arrive at 4pm, settle in
Wind Down Yoga session
Delicious plant based two course meal in the restaurant
Yoga Nidra

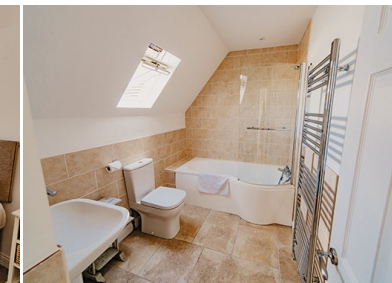
Saturday

Wake-up flow + meditation
Plant based breakfast
Free time: *Explore the Farm Park, local area or spend time in nature and walk the Tapnell Trail*

Plant based lunch
Archery session with qualified instructor
Yin & Restore class
Delicious meal in the restaurant, from menu (plant based available)

Sunday

Light breakfast
Guided run or Strength Building Fitness session
Wake-up Flow Yoga + Meditation
Plant based brunch
Farewell to friends you've made





Set in glorious countryside with stunning sea views and amazing sunsets, family run Tapnell Farm is the perfect location for a relaxing rural retreat where you can enjoy peace and tranquillity and become one with nature. Transformed from a dairy farm into an award-winning destination, there is plenty of space to roam, beautiful country walks to explore (including our very own Tapnell Trail) and a Farm Park with friendly wallabies and cheeky meerkats to meet!

For those who wish to explore further afield, there are beautiful beaches nearby and the delightful small town of Yarmouth with cafes and independent shops.



Balance + Glo is an Isle of Wight based wellbeing and lifestyle community offering digital and in person yoga, fitness and self-care classes and experiences.

Balance + Glo was founded by Personal Trainer, Evelyn Joyce and Yoga Instructor Jenny Stewart, who met and discovered they had a common vision - to create a platform for more people to discover a more balanced approach to their health and wellbeing, focused primarily on a mix of movement, nutrition and mindfulness, all interwoven with the power of nature, adventure and connection that arises from living an Island led lifestyle.

To find out more: www.tapnellfarm.com/events

To book, please contact us: stay@tapnellfarm.com or call **01983 758729**

